

SPEAK With Confidence RETREAT

YOUR FALL 2019 GUIDE

Welcome to the Fall 2019 SPEAK With Confidence Guide. This is your guide to how everything at this retreat will help you create the magic you're meant to create. As you can see, we thought of everything. There's plenty of downtime, so use it wisely. There's plenty to do, so make it happen. Together, we will rock your talk!

If you want to go fast, go alone. If you want to go far, go together.
- African Proverb

Be A Good Human.

No phone noises or vibrations while in session.

THERE WILL BE BREAKS TO CHECK EMAIL & TEXTS.

You are expected to be on time as a courtesy to others.

TREAT THIS LIKE A SPEAKING GIG. ALWAYS BE EARLY.

(ALSO, YOU GET POINTS FOR BEING ON TIME, AND POINTS ARE FUN).

Do not skip any of the required group activities.

EVERYTHING LISTED IS REQUIRED EXCEPT WHERE (OPTIONAL) IS NOTED.

Enjoy the heck out of yourself. This is fun!

GIVE IT YOUR ALL, LAUGH AT YOURSELF, AND KEEP GOING.. IT'S WHY YOU'RE HERE.

You are not better than anyone else. They are not better than you.

TREAT EACH OTHER THAT WAY.

Make friends!

THESE PEOPLE WILL BE YOUR BIGGEST SUPPORTERS ON & OFF THE STAGE.

Be a good audience & be present.

YOU WILL LEARN A LOT FROM ONE ANOTHER IF YOU ARE OPEN TO IT.

Only constructive feedback.

IF YOU HAVE NEGATIVE FEEDBACK, SHARE IT WITH YOUR TRAINER PRIVATELY. THEY WILL HANDLE IT.

Listen to yourself.

YOUR GUT TELLS YOU A LOT MORE THAN YOU THINK IT DOES. (Right, Becca?)

Love yourself. We love you.

YOU MAY END UP BEING HARD ON YOURSELF, SO TAKE A MOMENT, BREATHE & ASK FOR A HUG.

OCTOBER 30, 2019 // DAY 0 - ARRIVAL DAY

ALL DAY

AIRPORT TRAIN FROM DENVER INTERNATIONAL AIRPORT TO UNION STATION

Download RTD app & get Full Fare Regional/Airport Day Pass for \$10.50

ARRIVAL

HEAD TO YOUR HOTEL - THE CURTIS HOTEL - 1405 CURTIS STREET

A 15-minute walk or 8-min Mall Bus (free) ride from Union Station

Check-in is at 3pm. Check in to your room, drop your bags, freshen up & meet us for a welcome drink and food. If you'd rather not or you miss it, we'll see you at 8am on Day 1!

5:00 PM - 7:30 PM

WELCOME GATHERING (OPTIONAL) - SIP EAT & DRINK - 891 14TH ST

Across the street from The Curtis Hotel

Join us at Sip Eat & Drink for a casual Welcome Reception. Food & drinks included. Come when you can.

LOVE NOTES STATION:

As we get started, we'll take your Polaroid & put on a pink envelope with your name. The Love Notes Station will be at the back of the workshop space for you to take the time to write down your love, gratitude, and shoutouts for your fellow Rockstars, Trainers, and Crew. Find something you love about each person. If you have a compliment, write it down (even if you already told them in real life.) Keep the papers with you or take them back to your room for when you're ready to share. The more you give, the more you'll receive. These notes will remind you how awesome you are long after this amazing Retreat has concluded.

CONFESSSIONAL VIDEOS:

While you're at the retreat, we want you to document your journey. Every day you're at the retreat, take time to create 30- to 60-second videos of how your day is starting, how you're feeling, how the day is going, and/or how the day went. Make one or make three - we want to see your videos. Upload them directly from your phone.

For every video you upload, **you & your team get 100 points.**

UPLOAD LINK: bit.ly/FallSWCupload

OCTOBER 31, 2019 // DAY 1 - PREPARATION DAY

DAY 1 PREP

- **Prepare the first minute & last minute of your talk**
- Bring your SPEAK With Confidence workbook
- Bring your notebook and a pen
- Bring a water bottle & chapstick (the altitude will get you if you don't)
- Bring whatever you have written or practiced for your talk
- Wear your own brand of casual comfy clothes
- Wear comfortable shoes
- Nothing will be fancy, except the Halloween party & that doesn't even require a costume
- **Be at The Clocktower Cabaret no later than 8:15am.** (Your team gets points if everyone is.)

DAY 1 AGENDA

8:00 AM

DOORS OPEN & BREAKFAST - CLOCKTOWER CABARET - 1601 ARAPAHOE ST

A 5-minute walk from The Curtis

The workshops are held in the BASEMENT of the Clocktower. Come early to get coffee & a delicious fresh homemade breakfast by Chef Ocean Lopez. Get to know your fellow Rockstars before the day kicks off. Arrive no later than 8:15am.

8:45 AM

WELCOME, MOVEMENT & ICEBREAKERS

LEADING: Melanie, Meredith & Momma J

Our Badass Leader will get you pumped, our Lead Choreographer will get you moving & our very own Momma J will make sure you remember names.

9:30 AM

FIRST & LAST MINUTE

Yep, you're already on stage.

Share your first minute & your last minute. (Make it up if you have to.)

You: *Bring your first & last minute.*

10:15 AM

TEAM PRACTICE

LEADING: Maggie & Jessa

You'll get into your teams to go through each of your talks together.

You: *Bring your talk in whatever shape it's in.*

11:45 AM

DAY 1 MORNING TAKEAWAYS

LEADING: Melanie

What did you get out of the morning?

Day 1 Cont.

12:00 PM

LUNCHINESS & LOVE NOTES

Eat delicious lunchiness prepped by Chef Ocean, write Love Notes, then maybe take a brisk walk with a new friend to get that energy flowing.

12:45 PM

MS. MAGGIE'S STORY HOUR

LEADING: Maggie

Stories are where we connect with our audience. Maggie will walk us through the power of storytelling & a workshop on how to push your stories deeper.

1:45 PM

JUICY JESSA: LIFE WILL BE GRAVY

LEADING: Jessa

We are the words we say. Jessa will walk us through how to find more of ourselves and our personal brands in our talks through using our words.

2:45 PM

ROCKSTAR'S CHOICE

Work on your talk - writing or practicing. Grab a Crew member, find a partner, go it alone, or practice in front of a new friend.

4:00 PM

DAY 1 AFTERNOON TAKEAWAYS

LEADING: Melanie

What did you get out of the afternoon/day?

4:30 PM

YOU TIME

Do what makes your heart happy. Grab a new friend & get dinner, take a nap, or walk around to see the Denver street art. (*Make your Confessional video.*)

7:00 PM

HALLOWEEN FUN - BONEY'S BBQ -1543 CHAMPA ST (OPTIONAL)

A 3-minute walk from The Curtis Hotel.

Change into Halloween costume or come as yourself (costumes are encouraged but not required.) Come early, stay late - play as long as you want.

10:00 PM

REST (OPTIONAL)

It's been a long first day. Read a book, meditate, sit in the bathtub, sleeeeeep & be ready at 8am!

NOVEMBER 1, 2019 // DAY 2 - PRACTICE DAY

DAY 2 PREP:

- Bring all your talk stuff - workbook, notebook, pen
- Wear your own brand of casual comfy clothes
- Don't worry, you'll have time to drop your things & change shoes for the walk
- **Be at The Clocktower Cabaret no later than 8:15am.** (Your team gets points if everyone is.)

DAY 2 AGENDA

8:00 AM **DOORS OPEN & BREAKFAST - CLOCKTOWER CABARET - 1601 ARAPAHOE ST**
A 5-minute walk from The Curtis

Come early to get coffee & a delicious breakfast buffet and chit-chat.
Arrive no later than 8:15am.

8:45 AM **LAST NIGHT DEBRIEF**

What did you get out of the Halloween party?

9:00 AM **GETTING ON & OFF STAGE**
LEADERS: Melanie & Meredith

Speaking starts way before you say your first 10 words. Yep, we're getting you back up on stage to practice how you'll get on AND off the stage.

10:00AM **DANIEL & HIS LAB COAT OF MANY COLORS**
LEADING: Dan Russell, Neuromarketing Expert - dan@thevividlab.com

Your audience has to buy into what you're saying. Dan will take you through a workshop that will show you how to use ethical techniques into your talk.

11:00 AM **PAIRED PRACTICE**

You & your assigned partner will each give your talk/workshop to each other. You will have 10 minutes each to share with 5 minutes to give feedback without judgement. This is a timed 30-minute exercise.

11:30 AM **DAY 2 MORNING TAKEAWAYS**
LEADING: Melanie

What did you get out of the morning?

DAY 2 CONT.

12:00 PM

LUNCHINESS & LOVE NOTES

Eat delicious lunchiness prepped by Chef Ocean, write more Love Notes, then maybe take a brisk walk with a new friend to get that energy flowing.

12:45 PM

STAGE PREP: USE YOUR BODY + BLOCK THE STAGE

LEADING: Melanie & Meredith

Get grounded & get into your body. Use your hands, face, and body. Then learn how to use the whole stage (small or large) to memorize your talk.

1:30 PM

SANDY TOOTS HER OWN HORN

LEADING: Sandy Sponaugle, PR Professional - sandy@platinumpr.com

Self-promotion is tough for most people. Sandy will give you tips & tricks for telling everyone about you & why you rock without being a weirdo.

2:15 PM

MICHELLE MAKES SPARKLY STAGE MAGIC

LEADING: Michelle Arnold (& Melanie)

Once your talk is ready, it's time to get some gigs. Michelle, my booking manager, will give you the in's and outs of how to book stages & rock them.

3:00 PM

FIRST & LAST MINUTE

Now that you've had time to really work on it, give us your first & last again.

4:00 PM

DAY 2 AFTERNOON TAKEAWAYS

LEADING: Melanie

What did you get out of the afternoon/day?

4:45 PM

WALK OF DENVER - Leaving from The Curtis

Meet in the lobby of The Curtis with comfy shoes after dropping your stuff

Heading out at 4:45pm, you'll wander Denver in pairs, in conversation, in silence, and with prompts to get you out of your head and into your body.

6:30 PM

PRIVATE DINNER WITH MELANIE - ROSE & THORN - 1433 17th St

11min walk or 9 min free Mallbus ride (get off at Market)

Melanie + On Stage & On Video Rockstars

You get full access to Melanie during a casual dinner to ask her anything. Bring your questions, worries, goals, and ideas.

NOVEMBER 2, 2019 // DAY 3 - ROCKSTAR DAY

DAY 3 PREP:

- **Go through Chapter 7 & the videos again** (or for the first time)
- Bring snacks (you know your blood sugar - we'll have stuff, but be prepared)
- Bring your stage outfits for speaking on that stage. (Bring a few options just in case)
- Wear comfortable clothes and shoes before you get into your stage outfit
- If you're getting your makeup done, don't wear makeup - just moisturize
- If you're getting your hair done, don't wash your hair that morning
- **What NOT to bring: Your written talk.** Don't even think about it! Melanie will rip it up
- **Be at The Clocktower Cabaret no later than 8:15am.** (Your team gets points if everyone is.)

DAY 3 AGENDA

8:00 AM

DOORS OPEN, BREATHING, & BREAKFAST AT CLOCKTOWER CABARET

Come early to get grounded, work with your breath, and get ready for this big day! Coffee & fresh healthy breakfast by Chef Lopez will be ready for you.

8:30 AM

PEP TALK

LEADER: Melanie

This is a BIG day. You are NOT alone. We're here to make it easy. Melanie will give us a brief rundown of what will happen & how it will all flow.

8:45 AM

MAKEUP & HAIR BEGIN

You will be given your individual times for hair and makeup.

9:00 AM

ON-STAGE COACHING

LEADING: Melanie, Sandy, Maggie & Jessa

Makeup & hair along with On-Video photos & video interviews will happen while coaching on the stage is happening. **Please check the schedule to be sure where you are required to be.** If you don't need to be anywhere, PLEASE be in the theater watching the on-stage coaching. You'll get a lot of ideas for your own talk. The theater is a quiet zone so if you need to practice or have conversations, please do so upstairs or outside.

12:00 PM

LUNCHINESS & LOVE NOTES

Eat delicious lunchiness prepped by Chef Ocean and keep watching. We won't be taking a break for this so grab your food & listen to whoever is on stage getting coached.

DAY 3 CONT.

12:30 PM

LIVE SHOW RESET

Help us reset the theater so we can be ready for our audience.

1:00 PM

PEP TALK & AUDIENCE ARRIVES

LEADING: Melanie

THIS is where your feet start to sweat in your shoes, your armpits get damp, and your breathing gets shallow. No? Good. No one else is nervous either.

1:30 PM

YOUR LIVE SHOW BEGINS

MC: Melanie

Check the final stage schedule for your time & be backstage to get mic'd up by the time the person before you starts. We're ready for you!

3:30 PM

AUDIENCE FEEDBACK

Let's chat with the audience about their takeaways and see how it went.

4:00 PM

YOU DID IT!

Head back to The Curtis Hotel, drop your things, make a Confessional video & let's CELEBRATE! The rest of us will meet you at SIP for a toast.

4:30 PM

POST-EVENT HAPPY HOUR - SIP EAT & DRINK - 891 14TH ST

Across the street from The Curtis Hotel

Join the audience, fellow Rockstars & Crew for a toast to those who got on stage and rocked it - because there wasn't any question that you would.

6:00 PM

HEAD TO COOHILLS - 1400 Wewatta St

A 15-minute walk from SIP or 8-min Mall Bus ride (free)

6:30 PM

AWARDS DINNER - COOHILLS RESTAURANT - 1400 Wewatta St

All Rockstars & All Crew

With French food & wine, you'll write your love notes, take more Confessional videos, grab friends to get selfies. We'll give awards, ask for takeaways, and share words of affirmation. This is a night you will never forget.

NOTE: Anyone leaving before brunch, please take your Love Note envelope.

NOVEMBER 3, 2018 // DAY 4 - DEPARTURE DAY

DAY 4 PREP:

- **Bring all your stuff if you're heading from there to the airport**
- Bring your appetite
- Bring tissues (just kidding, we'll have lots of them)
- Bring your final thoughts to share

DAY 4 AGENDA:

**9:00 AM -
11:00 AM**

FAREWELL BRUNCH - 1650 Wewatta St

Grab the free 16th Street Mall bus from 16th Street Mall & Curtis St to Wewatta St (a 11-minute bus ride or a 16-minute walk)

STAY IN TOUCH:

ROCKSTARS:

Melissa Hoffman	melissa@lionessliving.com
Caitlin Clark-Zigmond	caitlin.clark-zigmond@verizonwireless.com
Liz Barhydt	elizbarhydt@gmail.com
Cathy Fromet	cathy@guidestudio.com
Rachel Downey	rachel@guidestudio.com
Craig Handley	craig@listentrust.com
Becca Whittaker	whittakerfamily@gmail.com
Denyette DePierro	dmedusad@gmail.com

CREW:

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